

## MINISTRY OF FOOD

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## SUMMARY OF ARRANGEMENTS FOR THE GRANTING OF EXTRA RATIONS AND PRIORITY ALLOWANCES TO INVALIDS AND TO PERSONS ON SPECIAL DIETS

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**NOTES :**

This document cancels and takes the place of Med. I and Med. IA and similar schedules previously issued. Changes and additions are shown thus\*.

Forms of medical certificates (R.G.50) for use when certifying patients for eggs/milk/soap can be obtained from any Food Office by or on behalf of any registered medical practitioner.

**MILK (LIQUID)****Schedule**

I. Class I.—Invalids allowed a priority claim on the supply of liquid milk of two pints of liquid milk a day.

- Active tuberculosis of all types and actinomycosis.
- Silicosis or Asbestosis.
- Affection of the mouth, throat or gullet or organic nervous disorder causing interference with swallowing.
- Gastric, duodenal or anastomotic ulcer.
- Illness, characterised by high and prolonged fever.
- Post-operative conditions after major operations on the stomach, duodenum or small intestine.
- Cases of pleurisy, with or without effusion, in which there are reasonable grounds in the opinion of the Tuberculosis Officer for suspecting that the condition is tuberculous in nature. In such cases the medical certificate is only valid if signed by the Tuberculosis Officer.
- Patients who are undergoing Radiotherapy, whether by means of X-Ray or by means of radium for malignant disease or lymphadenoma or leukaemia, and who suffer from reactions to the therapy as shown by difficulty in swallowing or digestive disturbances such as anorexia or vomiting.
- Post-operative conditions after major operations other than those covered by I (f).

Class II.—Invalids allowed a priority claim on the supply of liquid milk of one pint of milk a day.

- Active workers, including domestic workers, during an illness which temporarily incapacitates them for work.
- Sick children not attending school (See also footnote (a)).
- Dyspepsia due to conditions other than ulceration of the stomach or duodenum. (See footnote (b)).
- Colitis (See footnote (b)).
- Diabetes mellitus.
- Thyrotoxicosis.
- Nephritis
- Cases of hyperemesis gravidarum, or chorea of pregnancy or acute yellow atrophy occurring during pregnancy, or albuminuria of pregnancy or eclampsia, which are of sufficient severity to entail total confinement to bed.

**Footnotes.**

- A sick child not attending school who has been granted a priority allowance of 7 pints of milk a week may be granted a further  $2\frac{1}{2}$  pints a week during convalescence on application at the local food office. No supporting medical certificate is required.
- Since all cases of Dyspepsia or Colitis do not require special supplies of liquid milk, medical practitioners are asked to use their discretion in prescribing milk for these conditions.

N.B.—The above diseases, illnesses and conditions are the only conditions for which special supplies of milk may be authorised by a medical practitioner.



### Method of Certification

2. The diagnosis should not be entered on the medical certificate. The illness should be designated by the Class number and the illness letter given in the schedule above.

Example.—Active tuberculosis should be given as “illness of Class I (a).”

3. Certificates for expectant mothers may be signed by registered medical practitioners, certified midwives or health visitors.

### Maximum periods of validity for medical certifications

4. An authority to obtain milk against a medical certificate will be made available by the Food Office for the undermentioned periods.

Class II (g) and Class I, other than (h) and (i).—for an initial period up to three months, renewable for further periods of three months on presentation of further medical certificates.

Class I (h)

—for an initial period of one month, renewable for two further periods of one month on presentation of further medical certificates. (If further courses of irradiation are given the concession will be repeated on further certification as laid down.)

Class I. (i.)

—for a period of one month only.

Class II. (a)

—for an initial period of **one week**, renewable weekly for a period of six weeks on presentation of further medical certificates.

Class II. (b)

—for an initial period of one week, renewable weekly while the child is unable to attend school on account of illness, on presentation of further medical certificates.

Class II. (c), II. (d), II. (f) and II. (h).

—for an initial period of one month, renewable monthly on presentation of further medical certificates.

Class II. (e).

—for an indefinite period.

Expectant Mothers.

—for an initial period of three months, renewable for further periods of three months until approximately one month after confinement, the estimated date of which should be entered on the initial certificate.

## MILK (CONDENSED)

### For feeding infants under the age of twelve months.

5. The Food Rationing (Special Diets) Advisory Committee of the Medical Research Council, and the representatives of the Ministry of Health, in advising the Ministry of Food to make the necessary arrangements for the supply of condensed milk to sick infants do so to meet the needs of some practitioners. They wish to make it clear that they consider condensed milk an unsuitable food for normal infants and an unnecessary and often inappropriate food in many illnesses of infancy. The consensus of medical opinion is that its use in infancy is permissible only in certain abnormal conditions. It is the realisation that facilities in practice may be such as to preclude the speedy application to such cases of other methods of feeding that has led the representatives of the two bodies to advise the Ministry of Food to facilitate the obtaining of extra supplies of condensed milk.

### Method of Certification.

6. (a) Initial application — certificate should give date of birth and state that condensed milk is necessary.

(b) Application for renewal—certificate should give full details of the infant's condition, age, weight at birth and at date of application and state whether milk or any milk preparation other than condensed milk has been tried and found unsuitable.

### Action taken by Food Office.

Food Office will immediately issue authority to obtain extra condensed milk, points free, in accordance with scale given below, for a period of four weeks.

The application will be forwarded to the Headquarters of the Ministry of Food for submission to the Ministry's medical advisers. If the application is approved, fresh authority for condensed milk will be issued for the period recommended by the medical advisers.



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6 Unless unsweetened condensed milk is specifically requested the authority issued by the Food Office will be for sweetened condensed milk. The infant's entitlement to fresh milk or National Dried Milk and Sugar (where the sweetened variety is granted) will be cancelled for as long as the infant receives the points free allowance of condensed milk.

**\*8. Scale of allowances of condensed milk**

|                                   | Sweetened Condensed Milk. | Unsweetened Condensed Milk |
|-----------------------------------|---------------------------|----------------------------|
| Infants—under 5 months of age ... | Up to 10 tins a month     | Up to 18 tins a month      |
| 5—6 months (inclusive) ...        | „ 11 „                    | „ 21 „                     |
| 7—9 months (inclusive) ...        | „ 12 „                    | „ 23 „                     |
| 10—12 months (inclusive) ...      | „ 13 „                    | „ 24 „                     |

The tins referred to are—sweetened— $1\frac{3}{4}$  pint container (14 ozs.)  
—unsweetened—2 pint container (16 ozs.)

The infant should be able to obtain  $2\frac{1}{2}$  tins of sweetened or 5 tins of unsweetened condensed milk per four weeks period on his own points coupons.

## MILK (DRIED)

### Household Milk Powder

9. Supplies of Household Milk Powder (dried skimmed milk powder) at the rate of two tins per week, are available against a medical certificate specifically requesting Household Milk Powder for persons suffering from the following illnesses :—

- (1) Steatorrhoea
- (2) Gout
- (3) Infectious Hepatitis (Catarrhal Jaundice), Toxic Jaundice and Cirrhosis of the Liver (but not obstructive Jaundice).

10. The medical certificate in support of applications for cases of steatorrhoea and gout must give the clinical and bio-chemical data upon which the diagnosis is based for submission to the Ministry's medical advisers. Applications should be made through the local Food Office.

11. Supplies of Household Milk Powder will be arranged for approved cases for an initial period of three months, renewable for further three monthly periods against fresh certificates.

## SHELL EGGS

### 12. Schedule

Eggs—Class I.—Persons suffering from gastric, duodenal or anastomotic ulcer or persons who have undergone operation on the stomach, duodenum or small intestine.

Class II.—Persons suffering from any disease or injury to the mouth, throat or gullet, or organic nervous disorder, causing interference with swallowing and cases with gastrostomy.

Class III.—Cases of typhoid fever or paratyphoid fever. (Certificates must be signed by a Medical Officer of Health.)

Class IV.—Cases of amoebic or bacillary dysentery. (Certificates must be signed by a Medical Officer of Health.)

N.B.—The above illnesses and conditions are the only conditions for which special supplies of eggs may be authorised by a medical practitioner.

13. **Method of Certification**—designation by Class number as for liquid milk (see paragraph 2).

14. **Maximum periods of Validity of Medical Certificates.**

Eggs—Class I. and II.—For an initial period of three months, renewable for further periods of three months on presentation of fresh medical certificates.

Classes III. and IV.—For an initial period of one month renewable for further periods of one month on presentation of fresh medical certificates.

## SOAP

### 15. Schedule

Soap—Class I.—Conditions in which two extra soap rations weekly will be allowed : Faecal or urinary incontinence (excluding children with functional nocturnal incontinence).

Class II.—Conditions in which One extra soap ration weekly will be allowed :—

- (a) Colostomy or cystostomy  
Discharging of growths  
Discharging of fistulae or sinuses or ulcers  
Patients confined entirely to bed for periods longer than one month.
- (b) Cases requiring the liberal application of ointments, pastes or similar preparations.
- (c) Scabies or other verminous conditions.

16. **Method of Certification**—designation by Class number and letter of illness as for milk and egg certificates.

17. **Maximum periods of Validity for Medical Certificates**

Soap—Class I. and Class II. (a)—for an initial period of three months, renewable for further periods of three months on presentation of further medical certificates.

Class II. (b)—for an initial period of one month, renewable for further periods of one month on presentation of further certificates.

Class II. (c)—for one week only.



# 18. CONDITIONS QUALIFYING FOR ADDITIONAL SUPPLIES OF RATIONED AND CONTROLLED FOODS

| (i.)<br>Illness   | (ii.)<br>Food                                  | Quantity  | (iii.)<br>Certificate required for sub-<br>mission to Local Food Office.  | (iv.)<br>Conditions on which extra<br>Foods are granted   |
|---|--|---|---|---|
| Diabetes mellitus   | Meat<br>Butter/Margarine<br>Cheese             | 2 extra rations (2 extra<br>child's rations for holders<br>of R.B.2 ration books)<br>2 extra rations<br>12 ozs. | On form of application and medical<br>certificate obtainable at<br>Local Food Office.   | Granted on cancellation of the<br>sugar coupons valid during life of<br>current R.B. No medical certificate<br>required for renewal.  |
| Diabetic Vegetarian   | Butter/Margarine<br>Cheese                     | 2 extra rations<br>24 ozs.  | Ditto   | As above, but meat and bacon<br>coupons will also be cancelled.   |
| Diabetic Ketosis  | Sugar  | 2 rations   | Medical certificate stating this is<br>necessary for an emergency.  | The sugar will be granted for one<br>week in exchange for diabetic's<br>fats ration.  |
| Spontaneous hypo-<br>glycaemia  | Sugar<br>Meat<br>Fats<br>Cheese                | 2 extra rations<br>or<br>as for diabetic patients   | Application must be supported<br>by detailed statement giving (a)<br>the nature of the patient's symptoms, and (b) the results of the<br>blood sugar estimation (giving<br>the time of the estimation in<br>relation to the previous meal)<br>and any other test carried out to<br>establish the diagnosis. | On receipt of an application for<br>extra sugar authorisation for the<br>additional rations will be issued<br>provisionally. The Ministry's Medical<br>advisers will consider all applications<br>whether for sugar or<br>diabetic rations. If decision is<br>favourable, the extra rations will be<br>authorised for a period of six<br>months. Medical certificate required<br>for renewal. |
| Steatorrhoea (including<br>coeliac disease and<br>tropical sprue)<br><br>Coeliac disease with<br>Steatorrhoea | Meat<br>Household Milk Powder<br>Dried bananas | 4 extra rations (4 extra<br>child's rations for R.B.2<br>holders)<br>2 tins a week<br>14 lbs. a month           | Application must be supported<br>by detailed statement giving the<br>medical evidence for the diagnosis<br>including results of the fat<br>analysis of the patient's stools,<br>and stating which foods are required.   | If diagnosis confirmed extra foods<br>will be authorised for a period of<br>three months on cancellation of the<br>butter/margarine and cooking fat<br>coupons. Medical certificate required<br>for renewal.  |



# 18. CONDITIONS QUALIFYING FOR ADDITIONAL SUPPLIES OF RATIONED AND CONTROLLED FOODS—Con.

| (i.)<br>Illness  | Food                              | (ii.)<br>Quantity  | (iii.)<br>Certificate required for submission to Local Food Office.   | (iv.)<br>Conditions on which extra Foods are granted  |
|--|-----------------------------------|--|---|---|
| Steatorrhoea (convalescent cases)  | Meat<br><br>Household Milk Powder | 1 extra ration (1 extra child's ration for R.B.2 holders)<br>2 tins a week | Ditto.  | Ditto, but butter, margarine and cooking fat rations will not be cancelled.   |
| Kidney disease with gross oedema and albuminuria   | Meat                              | 3 extra rations (3 extra child's rations for R.B.2 holders)                | Applications must be supported by detailed statement giving full medical details saying whether the patient suffers from gross oedema and albuminuria.  | On receipt of a suitable application the extra rations will be authorised for a period of six months. Medical certificate required for renewal.   |
| Affection of the mouth, throat or gullet or organic nervous disorder causing interference with swallowing (excluding cases with gastrostomy) | Sugar                             | 1 extra ration   | Applications must be supported by detailed statement giving full medical data and will only be considered if the patient is entirely confined to a liquid diet.   | On receipt of a suitable application the extra rations will be authorised for a period of six months. Medical certificate required for renewal.   |
| Allergy to margarine   | Butter                            | Whole of butter/margarine ration in form of butter.                        | Applications must be supported by detailed statement giving the medical reasons why the applicant is unable to tolerate margarine and whether the applicant is prepared to undergo a comprehensive test which involves a few days in hospital at applicant's own expense. | Applications will be forwarded to Headquarters for submission to the medical advisers who will arrange for the test to be made. On receipt of a favourable decision arrangements will be made to enable the applicant to take the whole of the butter/margarine ration in the form of butter for an indefinite period. No medical certificate required for renewal. |
| Pernicious anaemia (cases which show anaphylactic reactions after injections of liver extract)   | Liver                             | Equivalent of 2 extra meat rations.  | Applications must be supported by detailed statement of the medical reasons why patient cannot be treated by parenteral injections of suitable liver extract.   | Application will be forwarded to the medical advisers. On receipt of a favourable decision a special supply will be arranged for a period of six months. Medical certificate required for renewal.  |



# 18. CONDITIONS QUALIFYING FOR ADDITIONAL SUPPLIES OF RATIONED AND CONTROLLED FOODS—Con.

| (i.)<br>Illness  | (ii.)<br>Food  | Quantity   | (iii.)<br>Certificate required for submission to Local Food Office.  | (iv.)<br>Conditions on which extra Foods are granted   |
|--|----------------|--|--|--|
| Sensitivity to wheat flour   | Rye            | 3 lbs.   | Applications must be supported by detailed medical statement that the patient is sensitive to wheat as shown by the occurrence of symptoms after its ingestion and positive skin reactions to wheat or wheat flour extracts. | Applications will be forwarded to Headquarters for submission to the medical advisers.   |
| Sensitivity to flour mixtures containing either rye, barley, oat or potato flour (if and when any of these non-wheat-en flours are added to National flour). | Wheat flour    | 3 lbs.   | Applications must be supported by a detailed medical statement and must state whether the applicant is prepared to undergo a comprehensive test which involves a few days in hospital at applicant's own expense.            | Applications will be forwarded to Headquarters for submission to the medical advisers who will arrange for the test to be made.  |
| *Allergy to Raw Cows Milk  | Condensed milk | Point free scale varies according to age of applicant. | Applications should be supported by detailed medical certificate giving the results of any tests which may have been carried out to establish the diagnosis, and whether the patient reacts to boiled milk.                  | Applications will be forwarded for submission to the medical advisers. On receipt of a favourable recommendation points free condensed milk will be authorised for six months. Medical certificate required for renewal. |
| Hypoproteinaemia   | Meat           | 3 extra rations  | Detailed certificate giving figures for patient's plasma protein required for submission to Ministry's medical advisers.   | Extra rations will be arranged for initial period of 6 months, renewable against fresh certificate.  |



19. The above are the only conditions for which the Ministry's medical advisers, the Food Rationing (Special Diets) Advisory Committee of the Medical Research Council, have made a general recommendation for additional allowances of rationed foods, and applications can only be considered if the above conditions are fulfilled. The Committee have, however, expressed their willingness to consider applications on other grounds in cases where very exceptional circumstances exist, but such cases can only be submitted to the Committee for consideration if they are supported by a detailed medical statement giving full particulars of the applicant's condition and the medical reasons why the extra rations are considered necessary. Such a medical statement will be treated as strictly confidential. Food Offices have instructions to forward such cases to Headquarters for special consideration. In no circumstances, however, can any such application be considered if it is supported merely by a medical certificate stating the nature of the complaint and the food required.

20. The Advisory Committee have expressed the opinion that additional allowances of tea, cream, biscuits, preserves, dried fruits (other than bananas), cereal foods and chocolate or sweets, are not necessary for the treatment of any complaint, and no applications for additional supplies of these commodities can, therefore, be considered; nor will additional supplies of meat be granted for the purpose of making beef tea.

21. The Committee do not recommend that supplies of white flour be made available to any type of invalid in place of National Wheatmeal Flour. The medical profession's attention is drawn to the fact that the roughage content of the latter is extremely low.

## **SPECIAL ALLOWANCES MADE TO EXPECTANT MOTHERS AND CHILDREN**

(The information given in the following sections may vary from time to time. Notifications of all changes will, however, appear in the public press).

### **EXPECTANT MOTHERS**

22. In addition to the ordinary rations and allowances available on the ration book R.B.1 expectant mothers are eligible for extra allowances on a ration book R.B.2 issued by the Food Office on presentation of a medical certificate (R.G.50).

### **METHOD OF CERTIFYING PREGNANCY**

Certificates may be signed by registered medical practitioners, certified midwives or health visitors. The initial certificate must give the estimated date of confinement and the authority will be valid for a period of three months, renewable for further periods of three months on presentation of fresh medical certificates.

### **\*EXTRA ALLOWANCES**

- |  |   |
|--|---|
| 23. MILK   | —one pint a day free or at reduced price of 2d. a pint (in addition to ordinary domestic allowance on R.B.1). |
| EGGS   | —two shell eggs per allocation (one on R.B.2 ration book, and one on R.B.1).                                  |
| DRIED EGG  | —three packets per allocation (two on R.B.2, and one on R.B.1 ration books)                                   |
| MEAT   | —a half ration on R.B.2 book in addition to adult ration on R.B.1.  |
| FRESH ORANGES  | —When supplies available.   |
| CONCENTRATED ORANGE JUICE                                  |   |
| FISH LIVER OIL—Vitamin A and D tablets or<br>Cod Liver Oil | } Obtainable from any Distribution<br>Centre of Welfare Foods.  |
| CLOTHING   |   |
|  | —supplementary clothing book containing 60 clothing coupons.  |

### **SPECIAL CASES**

24. **MILK** (see Schedule for priority milk, Class II (h)).
25. **VEGETARIANS**—Expectant mothers who are vegetarians receive two special 12 oz. cheese rations, one on their R.B.2 and one on R.B.1, in place of meat and bacon.
26. **MISCARRIAGES, STILLBIRTHS AND CHILDREN WHO DIE WITHIN ONE MONTH OF BIRTH**

In the event of a miscarriage, stillbirth or death of a child before the registration of birth the mother will be allowed to obtain allowances on the R.B.2 for a period of four weeks after the miscarriage or birth of the child.

## **CHILDREN HOLDING R.B.2 RATION BOOKS**

### **MILK—R.B.2**

27. A mother and her child, if the child is under the age of 12 months, receive for their joint consumption a priority allowance of 14 pints of milk a week—seven pints on the child's ration book at 2d. a pint or free according to income, and seven pints on that of the mother



at full retail price. The joint allowance to a mother with two children under the age of 12 months is 28 pints a week—7 pints on each child's book and 14 on the mother's.

The mother of a child under 12 months of age may be granted an additional  $2\frac{1}{2}$  pints of milk a week in respect of any one child if she certifies that the child is being fed wholly on cow's milk, and that the normal joint allowance is inadequate. If a mother has more than one child under 12 months old, she is granted only one such additional allowance. No medical certification is needed.

Other children holding ration book R.B.2 receive a priority allowance of 7 pints of milk a week at 2d. a pint or free of cost where the family income is below a certain level.

## EGGS

28. Children between the ages of 6 and 18 months are eligible for a priority allowance of shell eggs at the rate of 3 eggs a week.

All children holding ration book R.B.2 receive 2 packets of dried eggs per allocation as against the one packet allowed to other consumers.

## SOAP

29. Infants under the age of one year are issued at birth with coupons to provide one additional ration of soap weekly.

## NATIONAL DRIED MILK

30. National Dried Milk is available, in lieu of liquid milk, to babies under the age of 2 years. Two types are available, full cream dried milk powder and half cream dried milk powder. Full cream powder has a fat content of between 26 per cent. and 27 per cent. Half cream powder has a fat content of between 16 per cent. and 17 per cent.

The allowance is one 20 oz. container (equivalent to approximately 7 pints liquid milk) each week, plus additional issues at the following rates :—

|         |              |     |     |     |     |   |           |               |
|---------|--------------|-----|-----|-----|-----|---|-----------|---------------|
| Infants | 1—4 months   | ... | ... | ... | ... | 1 | container | per fortnight |
|         | 4—8 months   | ... | ... | ... | ... | 1 | „         | per week      |
|         | 8—10 months  | ... | ... | ... | ... | 1 | „         | per fortnight |
|         | 10—12 months | ... | ... | ... | ... | 1 | „         | per 4 weeks   |

The infant's liquid milk registration is cancelled. The mother can, however, as the mother of a child under 12 months, obtain a priority allowance of 7 pints of liquid milk weekly instead of the normal non-priority allowance. This provides for mothers partly breast feeding their children.

## VITAMIN PRODUCTS

31. Vitamin products are available to all children holding the child's ration book R.B.2, i.e., all children up to the age of 5 (approximately) and to expectant mothers. The products consist of cod liver oil compound and concentrated orange juice. Expectant mothers may have specially prepared fish-liver oil tablets in lieu of cod liver oil. Where the beneficiary is entitled to free milk, under the National Milk Scheme, vitamin products are also provided free of charge.

## 32. FRESH ORANGES

When supplies are available.

**GENERAL**—Other rations as for adults except—no tea ration

meat—half the adult ration

personal points—no allowance till a baby reaches the age of 6 months.

## CHILDREN AND ADOLESCENTS HOLDING RATION BOOK R.B.4

(Approximately those between the ages of 5 and 18 years).

## MILK

33. (a) Children and adolescents, under the age of 18 years, receive a priority allowance of  $3\frac{1}{2}$  pints of milk a week.
- (b) Sick children not attending school—see Class II. (b) Schedule for priority milk (paragraph 1).
- (c) Children up to the age of fourteen years who do not normally attend school may receive a total priority supply of five pints of liquid milk a week on application to the Food Office. No medical certificate is required.

November, 1944.

Welfare (Foods) Branch,  
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